DOCUMENT RESUME

ED 322 094 SP 032 384

AUTHOR	Schultz, Bobbie
TITLE	The High School Players Field Hockey Journal.
INSTITUTION	American Alliance for Health, Physical Education, Recreation and Dance, Reston, VA.
REPORT NO	ISBN-0-88314-480-8
PUB DATE	90
NOTE	124p.
AVAILABLE FROM	AAHPERD Publications Sales Office, 1900 Association Drive, Reston, VA 22091.
PUB TYPE	Guides - Classroom Use - Materials (For Learner) (051)
EDRS PRICE	MF01 Plus Postage. PC Not Available from EDRS.
DESCRIPTORS	Athletic Equipment; *Field Hockey; High Schools; *High School Students; Record Keeping; *Student Attitudes; *Student Motivation; *Womens Athletics

ABSTRACT

This student's journal aims at helping to develop a successful and highly motivated high school girls field hockey team. General information about the sport and student involvement is presented. Definitions of terms used in field hockey are given as well as general considerations about play, defensive and offensive strategies, and penalties. Suggestions are made for practice organization. About one half of the book is comprised of forms for the field hockey schedule and student record keeping. (JD)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

ED322094

The High School Player's Field Hockey Journal

By Bobbie Schultz

Varsity Field Hockey Coach
Shawnee High School
Medford, New Jersey

Editors: Marian Schenke and Laura Glenn
Illustrator: Marie T. Zukoff

Sketch of cover photo courtesy of
University of Iowa

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

☑ This document has been reproduced as received from the person or organization originating it.

☐ Minor changes have been made to improve reproduction quality.

• Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.

"PERMISSION TO REPRODUCE THIS MATERIAL IN MICROFICHE ONLY HAS BEEN GRANTED BY

W. L. Cooper

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

Sponsored by the National Association for
Girls and Women in Sport

an association of the American Alliance for Health,
Physical Education, Recreation, and Dance

SP 032 384

BEST COPY AVAILABLE

Dedicated to the many exceptional athletes who have played hockey at Shawnee. These athletes have achieved excellence because they possessed the necessary fortitude to strive for it. It was their belief that whatever was important enough for them to pursue was important enough to deserve their fullest efforts.

Copyright 1990

The American Alliance for Health,
Physical Education, Recreation,
and Dance
1900 Association Drive
Reston, Virginia 22091

ISBN 0-88314-480-8

About the Alliance

The American Alliance is an educational organization, structured for the purposes of supporting, encouraging, and providing assistance to member groups and their personnel throughout the nation as they seek to initiate, develop, and conduct programs in health, leisure, and movement-related activities for the enrichment of human life.

Alliance objectives include:

1. Professional growth and development—to support, encourage, and provide guidance in the development and conduct of programs in health, leisure, and movement-related activities which are based on the needs, interests, and inherent capacities of the individual in today's society.

2. Communication—to facilitate public and professional understanding and appreciation of the importance and value of health, leisure, and movement-related activities as they contribute toward human well-being.

3. Research—to encourage and facilitate research which will enrich the depth and scope of health, leisure, and movement-related activities; and to disseminate the findings to the profession and other interested and concerned publics.

4. Standards and guidelines—to further the continuous development and evaluation of standards within the profession for personnel and programs in health, leisure, and movement-related activities.

5. Public affairs—to coordinate and administer a planned program of professional, public, and governmental relations that will improve education in areas of health, leisure, and movement-related activities.

6. To conduct such other activities as shall be approved by the Board of Governors and the Alliance Assembly, provided that the Alliance shall not engage in any activity which would be inconsistent with the status of an educational and charitable organization as defined in Section 501(c)(3) of the Internal Revenue Code of 1954 or any successor provision thereto, and none of the said purposes shall at any time be deemed or construed to be purposes other than the public benefit purposes and objectives consistent with such educational and charitable status.

Bylaws, Article III

Introduction

Bobbie Shultz did it again! Her Shawnee High School field hockey team won the 1989 New Jersey State Field Hockey Championship—this is the fourth time in eight years. These successes were only achieved with commitment, discipline, and fun. Shawnee athletes have these values instilled in them early in their hockey careers. Many of these Shawnee athletes, like National team members Elizabeth Tchou and Lori Bruney, possess these values in their continued pursuit of excellence. They are only two of the many Shawnee athletes to prosper in collegiate hockey and beyond. In respect of Shawnee's successes, Coach Schultz is often asked to be the guest speaker at coaching forums. The *High School Player's Field Hockey Journal* served as her reference and guide in these lectures. It is her colleagues' interest in the journal that prompted her to seek publication.

The scope of the journal covers field hockey "Shawnee Style," and the secrets of their success. It also includes a skill analysis demonstrated by none other than the drive expert herself, Beth Anders. Most of all, the *High School Player's Field Hockey Journal* demonstrates how Coach Schultz builds commitment, instills discipline, and has fun, hence, success.

Building a commitment is the starting block of any success story. Bobbie developed a method to involve families in supporting their daughters' commitments. Observing any Shawnee game (and I have been there recruiting her players for eight years), you will witness support by all the parents, the friends of parents, friends of players, future players, and everybody else who has ever been touched by Shawnee hockey. The *High School Player's Field Hockey Journal* includes the very contracts she distributes to the players and their parents.

The individual athlete's commitment to the sport makes discipline manageable. Imagine 100 hockey players, 8 cages, and two coaches at every practice. Imagine 100 young girls trying out for the freshman hockey team. Discipline for the

Shawnee hockey team comes with individual and team goal setting. Each player fills out daily journal entries that provide those players with direction as well as a way to measure their individual success. The sample journal entries are included. When a coach achieves commitment, structure, and discipline, it leads to success. Successful teams always have fun, and nothing is more fun than winning.

Knowing Bobbie Shultz, I know that her intent of sharing the *High School Player's Field Hockey Journal* is not to dictate that her way is the best way for everybody. It is her hope that you can use parts of the *Journal* to enhance your total program. It is rare for successful coaches to share their knowledge and secrets. I believe if more of us did, the sport of field hockey would be the winner, and after all, that's our long term goal. It must start with the players' first coaches, the high school coaches like Bobbie Shultz, who are responsible for making those first field hockey experiences positive ones.

I highly recommend the *High School Player's Field Hockey Journal* to any coach who is interested in new ideas to help athletes realize their potential.

Michele U. Madison
Temple University Field Hockey Coach
1988 Olympic Team Manager

Table of Contents

Introduction v

Key to Diagrams x

General Information 1
- Competitors Contract 3
- Academic Commitment 5
- Commitment to the School 5
- Personal Goals 5
- Team Goals 6
- Departure Times 6
- Equipment 7

Definition of Terms 8

General Considerations During Play 15
- Stick on the Ground 15
- Reaction to the Whistle 15
- Changing Fields 16
- Defensive Handling of Flat Passes 16
- Support 16
- Fielding the Ball 16
- Components of a Good Drive 17

Defense 19
- Covering 19
- Marking 21
- Defensive Systems 22
- Tackle 24
- Defensive Recovery 24

Goalkeeper 25

Offense 27
Getting the Ball Out of the Defensive End . . . 27
Breakaway, Midfield Offense and Replacement 30
Circle Play 30
Going Back on Defense 31

Free Hits 33
Defending 33
Arrowhead 33
Getting Deep 33
The Defenders 34
Offending 34
Defense Hit 34

Hit Ins 37
Defending 37
Offending 37
From the defensive end to the attacking 25 yard line 37
Between the 25 yard line and the goal 38

Free Hits Into Circle and Long Hits 39
Free Hits into the Circle 39
Hard hit directly to goal post 39
Fake 40
Give and Go 40
Switch or Scissors 40
Iowa Fake 41
Long Hits 41

Penalty Corners or Short Corners 43
Defense 43
Offense 44
General Offensive Considerations 46

Practice Organization 47
Daily Circuit Plan 47

Full Group Station Circuit 47
Dribble Drill 48
Half Group Station Circuit 48

Season Records and Calendar 50
Field Hockey Schedule Form 51
Individual Offensive Statistics Form 52
Individual Goalkeeping Statistics Form 53
Calendar 54

References 114

KEY TO DIAGRAMS

Defender or other members of the same team: ▲

Attacker or other members of the same team: △

Path of the ball: ⟶

Path of a player with the ball: ⟿

Path of a player without the ball: - - -

General Information

Becoming a player of field hockey takes commitment: commitment to yourself, your school, and to your family. It is very important that you, your family, and your coach share the same commitment level. If you don't, problems can arise during the season. For example, what if you promised your coach and teammates that you would be on time for an 8:00 a.m. Saturday practice, but your parents were also planning to be away Saturday morning? What if your family were planning to take a trip to Disneyworld during teachers' convention, but your team qualified for the state tournament and had a game then? So that misunderstandings like this do not occur, I require that all players read and sign a competitor's contract (see page 3). The parents of the athlete sign it also, and it is returned to the coach during the first few days of practice.

Field Hockey Competitor Contract[1]

Name_____ Date_____

1. Striving to be my best takes time. It is therefore important for me to budget my time wisely. This means making every attempt to meet household responsibilities as well as school assignments.

2. I will attend all my classes during the day and will be in school on time every day. If I am too ill to come to school, then I realize that I may not come to practice.

3. I realize that everything I do affects my body and my general health. I will try my best to take care of it. This includes following a healthy diet, getting adequate sleep, and avoiding alcohol, drugs, and smoking.

4. Because I am a dedicated person and athlete, I am proud to support my fellow players in practice and competition. I realize that our teams have a slight edge as long as we show our spirit and willingness to learn to work together on and off the field.

5. Since the season is relatively short and our goals are relatively high, I will look for ways to improve my skills with extra time and effort.

6. I realize that the coach are designing practice so that our team might better meet its goals. I realize that suggestions and corrections made are not to be taken personally, but should be accepted as a way in which I and the team might improve.

7. I understand that the concept of trust is an important one to the formation, maintenance, and excellence of a team. I will support that concept with free speech rather than cheap talk. If I have a problem I will personally address my captains and/or coaches about it. I understand that it is my obligation to report rule infractions to my coach.

8. I am fortunate to be representing my high school. I must show I am deserving of this position by being a responsible individual:

- **RESPONSIBLE** for my actions and impressions on and off the field.
- **RESPONSIBLE** for my uniform cleanliness, tidiness, security, and for bringing all parts to each game, and returning all parts when they are called for.

- **RESPONSIBLE** for returning a school-issued hockey ball at the end of the season.
- **RESPONSIBLE** for wearing my uniform parts only at hockey practice or games, not for Physical Education class or weekend recreation.
- **RESPONSIBLE** for bringing my own mouthguard, water bottle, and shin guards to every practice and game. I realize that without any of these items, I am not allowed to practice or play in a game.
- **RESPONSIBLE** for team equipment. I will gladly assist in bringing it to and from the field or bus.
- **RESPONSIBLE** for traveling to and from each game with the team, and being seated on the bus at the scheduled departure time.
- **RESPONSIBLE** for being prompt and alert at practices and games.
- **RESPONSIBLE** for meeting daily requirements and deadlines.
- **RESPONSIBLE** for acting sensitively to managers and other players.
- **RESPONSIBLE** for communication with the coach.
- **RESPONSIBLE** in not expecting things done for me that I can do for myself.
- **RESPONSIBLE** for attending all practices and games, and I realize that an unexcused absence can result in a suspension from the team.
- **RESPONSIBLE** for performing all parts of daily skill circuit, drills, and conditioning.
- **RESPONSIBLE** for attending any function where the team or I am receiving recognition.
- **RESPONSIBLE** for watching and supporting any team competing on the field while I am not on the field.
- **RESPONSIBLE** for beginning the season in adequate cardiorespiratory and muscular fitness and maintaining that fitness throughout the season.

_____

Player's Signature Date

_____

Parent's Signature Date

_____

Parent's Signature Date

Academic Commitment

In order for you to be involved in field hockey, you must have completed all classes the previous school year with a passing grade. If you do fail a subject, you will have to pass the course in summer school in order to be eligible to play hockey. Academic achievement is the emphasis in school. If you study hard and receive good grades, when college selection time comes in February of your senior year, the choices will be many. If you don't do well, your choices will not be as varied and you may miss out on opportunities.

It may be necessary for you to miss some classes for your team to travel to state tournament games, if you go that far in your season. If you do miss any classes, you are responsible for making up any work you miss as soon as possible. When dealing with the teacher of your academic subject, be very careful that your teacher understands that you feel that the priority is his or her class, not the sport.

Commitment to the School

When you become a part of the hockey team and wear the uniform provided, you are no longer representing only yourself. You have now become a representative of your specific school. How you conduct yourself will affect people's opinions of you and of all the other hockey players in your program as well.

Personal Goals

Before you begin your season, write down what you personally plan to accomplish in your season. Be very specific when you write these goals. This is not a place for team goals. Your desire to win the championship is not an example of an individual goal; that is a team goal. An individual goal might be that you want to develop a hard reverse-stick drive for goal. Another might be that you want to develop a technique for marking an opponent in the circle that will prevent your opponent from scoring.

Write your individual goals below.

Team Goals

Now you need team goals. Get together with your teammates and your coach. Prepare your team goals for the season. Start in small groups and have a speaker for each group read your group's goals to the entire team. When a final list of team goals is compiled, have the coach or captain type them up and distribute a copy to each team member. Hang the list inside your locker and take a copy home to share with your family. Again, they should know exactly what your team is striving for.

Departure Times

One more item you should hang inside your locker is a departure time sheet. If your coach has not prepared one for you, ask her to do so. Travel to some schools takes less time than to others, so the bus won't always leave at the same time. Bring another copy of the departure times home.

Equipment

A mouth guard and shin guards are absolutely required. No one will be allowed on the field without them. Your stick must be comfortable. Be sure it has some weight at the toe and a fairly narrow grip. You will need both spikes and running shoes with good support. During conditioning, it is best to change into running shoes. When the ground is wet, it can be slippery and it is best to wear your spikes. Put your name and your school name on all your equipment. If you ever leave anything at an away site it can be returned to you. You will be issued one mouth guard for the season. If you already have one, then use that. If you forget it one day, and you have not yet been issued one from the coaching staff, then you can be issued one that day. You may also have the option of being issued a school water bottle or you may supply your own. The point here is very precise. YOU DO NOT AT ANY TIME DRINK FROM SOMEONE ELSE'S WATER BOTTLE. YOU ARE RESPONSIBLE FOR BRINGING YOUR OWN TO EVERY PRACTICE AND GAME. Obviously, this is to prevent the spread of contagious diseases.

Definition of Terms

Word	Definition
1 V 1	One offender against one defender.
2 V 1	Two offenders against one defender. The first number stands for the number of offenders, the second for the number of defenders.
AIR DRIBBLE	A drill to improve ball control. The player taps the ball a few inches off the stick into the air as many times as she can in succession. She does this from a standing position with the stick at waist height.
ANGLE PASS	Any type of pass other than a flat or through.
ARC	A curve. Running to meet the ball, or cutting for the ball in a curved manner. Forming the letter C as one is running to meet the ball.
BACK DRIBBLE	Moving the ball backwards by pulling it towards you.
BALL SIDE OF FIELD	The side of the field that the ball is on. Also called the strong side.
BALL SIDE OF PLAYER	The side of the player that the ball is on.
BLOCKING UP	Having one's stick on the ground and trying to fill all the possible spaces through which an opponent can hit the ball when she has a free hit.
BOXES	A drill designed to improve ball control. The player dribbles the ball forward five

yards, then left five yards, then back five yards and finally right five yards. She is actually outlining the shape of a box. This is done continuously alternating starting directions.

BREAKING AWAY — Starting an offensive move and attempting to get a shot off for goal before the rest of the opposing team catches up.

CHANGE FIELDS — Moving the ball from one side of the field to the other.

COMMIT — Making a move to take the ball from an opponent.

COVERING — Being responsible for keeping the ball from one's opponent by positioning oneself ballside and goalside of an opponent.

CUT — Running to meet the ball.

DEFENDERS — Members of the team whose major responsibility is to prevent goals from scoring. Usually halfbacks, fullbacks, sweepers, and goalkeepers.

DEFENSE — The team not in possession of the ball that tries to prevent the other team from scoring.

DEFENSIVE END OF FIELD — The half of the field where one's opponent can score.

DODGE — The process of maintaining possession of the ball while passing an opponent.

DRIBBLE — A means of keeping possession of the ball and covering space on the field at the same time.

DRIVE — A term that means hitting the ball.

DROP PASS	Dropping the ball directly in back of oneself.
FACE STICK	The flat part of the stick with the toe pointing away from the body.
FIELDING THE BALL	To catch the ball on one's stick. Same as receiving.
FLAT PASS	A pass parallel to the end line.
FLICK	A short, sharp, lifted ball.
FORWARDS	Those players specifically designated to score goals: the wings and center forward. Sometimes the inners are also included.
FOUL: ADVANCING	Propelling the ball with any part of one's body.
FOUL: OBSTRUCTION	Using one's body to prevent an opponent from getting to the ball.
FOUL: STICKS	Lifting the stick above the shoulders when there are other people around who could get hurt.
GETTING PASSED	When a person's opponent gets by her with the ball.
HANDLE	The opposite end of the stick to the toe. The top of the stick the player usually holds.
HELD WHISTLE	When the official sees a foul but doesn't blow her whistle until she is sure the foul is truly taking the advantage away from the team with the ball.
INTER-CHANGING	Moving into another teammate's position when the play leads there. The process of replacing a teammate's position while

	someone else on the same team replaces hers. Same as replacement.
LINK	The position between the forwards and the halfbacks. A link plays both offense and defense.
MARKING	Guarding one's opponent very closely with the intention of stealing the ball and preventing her from passing it on or shooting for goal.
MIDFIELD	The area between the two 25 yard lines.
MIDFIELDERS	Another name for links.
NON BALL SIDE OF FIELD	The side of the field that the ball is not on. Also called the weak side.
NON BALL SIDE OF PLAYER	The side of the player that the ball is not on.
NON STICK SIDE	The left side of the player. The side of the player that does not have the advantage of the face side of the stick. This is also called the reverse-stick side.
OFF THE BALL MOVEMENT OR PLAY	Action by the players who are not directly involved with the ball.
OFFENDERS	Members of the team whose major responsibility is to score goals, usually forwards.
OFFENSE	The team posessing the ball and trying to score.
OFFENSIVE END OF FIELD	The half of the field where one's team can score.
ON THE PADS	Positioning oneself in a way as to be able to collect rebounds off the goalkeeper's pads or intercept a ball before it hits

	the goalkeeper's pads.
ONE TIMING	Receiving the ball and passing it with one move. Stopping and sending with one motion.
OPEN FACED LIFT	Lifting the ball either high or low when the right hand is at the bottom of the stick and the left hand is at the top. Most ball handling is done with the hands in this manner. This is the opposite of a scoop. For a scoop the hands are reversed.
OPPONENT	A member of the opposite team.
OVER OVER DRIBBLE	Propelling the ball down the field by alternately moving it on a 45 degree angle to the left, and then a 45 degree angle to the right.
PASS	Moving the ball from one player to another. **RAPID FIRE** A drill designed to improve the speed with which a player can get a shot off for goal. It involves one or many balls being propelled toward a target as rapidly as possible, disregarding the concern for accuracy.
RECEIVING THE BALL	To catch the ball on one's stick. Same as fielding.
REPLACEMENT	Moving into another teammate's position when the play leads there. The process of replacing a teammate's position while someone else on the same team replaces hers. Same as interchanging.
REVERSE STICK	A means of playing the ball with the flat part of the stick but the toe facing the player. The stick is essentially turned upside down.

REVERSE STICK SIDE The left side of the player. The side of the player that does not have the advantage of the face side of the stick. This is also called the non-stick side.

RINGING THE HIT Same as blocking it up, only specifically using the three nearest forwards and having them make a half circle around the front of the free hitter.

SCOOP A high lifted ball with a large arc. This is done with the left hand on the bottom of the stick and the right hand at the top. The movement is done on the left side of the body. This is opposite of most other play in field hockey.

STICK SIDE The right side of the player. The side her stick is on.

STRAIGHT DRIBBLE Moving the ball directly ahead by pushing it from behind.

STRONG SIDE OF FIELD The side of the field that the ball is on. Also called the ball side.

SYSTEM The organization of positions of players: 3-2-4-1-1 or 3-2-3-1-1-1. The first number stands for the number of forwards, the second for the number of links or midfielders, the third for the number of halfbacks, the fourth for the number of backs, fullbacks or sweepers. Sometimes the last number stands for the goalkeeper. Often the goalkeeper's number is omitted since teams can play only one goalkeeper.

TACKLE The process of taking the ball away from an opponent.

TEAMMATE A member of one's own team.

THROUGH PASS	A pass parallel to the side line.
TOE	The curved part of the stick on the opposite end of the handle.
WEAK SIDE OF FIELD	The side of the field that the ball is not on. Also called the non ball side.

General Considerations During Play

Keeping Your Stick on the Ground

Keeping your stick on the ground, not at your waist, has to become a conscious part of your game. If the stick is held at waist level and the ball comes quickly, your reaction time will not be quick enough for you to bring your stick to the ground and handle the ball too. What usually happens is that your opponent wins the ball instead. You must learn to keep your stick on the ground!

React Only to the Whistle and React Immediately

Do not anticipate what the official will call. Don't call your own game. I can remember three games in my career that were lost specifically because players stopped play while they were waiting for an official's call that never came. While they were waiting for the call, the opponent took the ball and scored a goal. Learn to react only to the official's whistle and react immediately. If the official calls a free hit or corner for your team, pick up the ball immediately and give it to the person taking the hit. Don't waste an instant. Teams that take their hits right away win games. On the other hand, if the official is awarding the free hit to the other team, immediately get into position to block up their hit. Lastly, do not, under any circumstances, react emotionally to an official's call. If you do, while you are taking time to react emotionally, your opponent is taking advantage of that time and continuing to play. The mature player is one who reacts with no emotion whatsoever to any call the official makes. Try to look at official's calls the same way you would react to an out of bounds play. If you or your teammate hit the ball out of bounds, you don't pout or get angry, but prepare to defend the appropriate hit

in. Learn to do the same for all calls made by the official.

Changing Fields

The sign of a great team is the ability to change fields as often as possible. The ball changing from one side to the other throws the other team off. If the ball comes from the right, put it on the left; if it comes from the left, put it on the right. This is a general rule you can almost always use to your advantage.

Defensive Handling of Flat Passes

Never follow flat passes by the other team. You should always have a team member running up to receive it. Instead, recover and go back and assess what is happening and reposition yourself for defense.

Support

A player never moves alone. Closely follow your teammate up the field with your stick and body in ready position to collect the ball or pick up an opponent who gets by your teammate. This is called defensive support. If your teammate already has support behind her, then you should look to see if she has ample support ahead of her and next to her. Ask yourself, "Is there anyone there to whom she can give a flat or through pass?" If there is not, then you must cut up to that position and "become" that person. This is called offensive support.

Fielding the Ball

Fielding the ball depends on many factors, including the speed at which the ball is moving, the type of playing surface, and the direction the ball is moving in relation to the receiver. For example, if you are a halfback who is about to cut off a pass that one of your opponents intended for one of her teammates, you will be receiving a ball that is coming directly at you. On the other hand, if you are a center forward waiting up field for a ball, you will have to run back in an arc to

receive the ball.

In order to receive the ball you should do the following:

1. Cut for the ball. Run to it. If you stand still and wait for the ball, someone else may beat you to it. The fact that you are moving increases your reaction time.

2. Keep your eye on the ball the entire time; follow it with your eyes to your stick. You should be able to see the toe of your stick the moment the ball comes in contact with it.

3. The toe of the stick should meet the ball directly perpendicular to the direction in which the ball is traveling.

4. The action of the ball meeting the stick must be balanced with an absorbing motion of the stick by the receiver. This is done by bringing the stick back towards her body. This is called "giving."

5. Immediately after the give, the left hand, which is at the top of the stick, is thrust forward, away from the body. The stick then actually creates a lever, trapping the ball at the base.

6. There are some variations in this method of receiving which depend on where the ball is coming from. For example, if the ball is coming from the left, the receiver would allow the ball to pass across her body and receive it in front of the right foot. If the ball is coming from the right, it may be necessary to use a reverse stick stop. If the ball were coming from behind, the player could use a reverse stick stop, or turn around and use a face stick stop. The point is that, regardless of where the ball is coming from, the first five points made above would remain the same.

Components of a Good Drive

This interpretation of the components of the drive have come from an oral presentation by Beth Anders, varsity coach of Old Dominion University, given in Atlantic City at Resorts Hotel on February 16, 1989.[2]

1. Both V's made with your forefinger and thumb of both your left and right hands, should be placed down the front of the stick lined up towards the toe of the stick.

2. Your trigger fingers (forefinger) of both hands, should be separated. That means you have a relaxed grip. (You should actually be able to hit the ball with your forefinger and thumb on the stick only.) Lift the stick over to check that your fingers are separated.

3. The back swing is produced by bringing your left arm straight back with the toe of the stick facing up to the sky.

4. There is a definite weight transfer. Your hips come through first, then the stick comes through, transferring weight from the back to the front foot.

5. Follow through with the stick pointing in the direction you desire the ball to go.

6. Only the right hand provides the direction.

7. Keep the head down.

The following suggestions were made in order to help teach weight transfer:

1. The coach (or partner) holds the stick while the student does the back swing. Then the coach throws the stick forward into the left hand of the student after the student moves her hips. This is to get the student to feel the full use of the left hand.

2. The coach (or partner) stands behind the student and holds the stick (as done in number one above), but this time the coach (or partner) pulls the stick in the direction of the back swing while the student attempts to continue the drive. This process will create resistance. Feeling that resistance will help the student to naturally turn the hips in the direction of the shot. It forces the player to see the need for both the use of the left arm and the need for the hips turning. After the resistance is felt, the coach (or partner) throws the stick forward into the left hand of the student.

3. Use a board with a post in the middle (like a bongo board), and have the student stand on it and perform the weight transfer. She will definitely be able to feel it.

4. Cut off some sticks so they are very short, about 20 inches long. Have the student get on her knees with the ball in front of her left knee. Have her drive it. She will be forced to use her left hand, because if she uses her right, she will hit the ground.

Defense

The two general roles in playing defense are *covering* and *marking.*

Covering

Covering means guarding the space between you and your opponent, and putting yourself in a position where you can cut off any ball that goes to the opponent for whom you are responsible. You will always want to be on the goal side and ball side of your opponent.

That brings to mind the question, "Exactly for whom are you responsible as a defender?" For simplicity sake, let us assume the opposing right wing has the ball. If you are playing four halfbacks and one sweeper, then you are lined up across the field from left to right in this manner: left outside halfback, left inside halfback, right inside halfback, and right outside halfback. (See Figure 1)

If you are playing three halfbacks, one fullback and one sweeper you will be lined up in this manner: left halfback, fullback, center halfback, and right halfback. (See Figure 2)

Each of you count off across the field, noting the first four opposing forwards that are closest to the ball. In this case you would count off from left to right. Since there are only four of you, and there can be five or six of them, leave the two farthest opposing players from the ball uncovered. They are the least likely people to score a goal at this point, and you want to keep your sweeper free to backup whichever one of our defenders is forced to mark when her player gets the ball. (Refer to Figure 1 or 2) The distance between you and your opponent will depend on the distance between your opponent and the ball. The closer to the ball, the closer you will be to your opponent. The farther your opponent is from the ball, the farther from her you will be. If you look again at Figure 1 or 2, you will notice the long diagonal formed by the defense. The person covering the opponent farthest

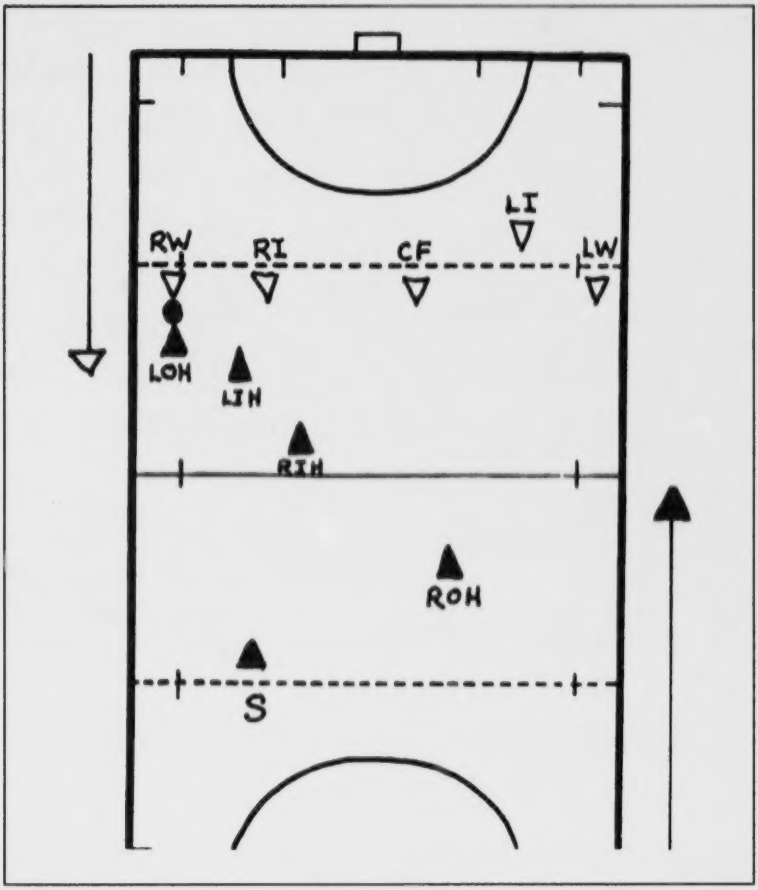


FIGURE 1 Diagonal defense using four halfbacks

from the ball is the farthest back, and the person covering the opponent closest to the ball is the closest part of the angle. This is a *diagonal defense*, though a more current term for it is a *zonal defense* or a *covering zonal defense.*

One important consideration in this type of diagonal defense is that the halfbacks should never be even with one another. It they do become even, it is called being *caught flat.*

When you are covering, you should be moving constantly, always thinking to yourself, "Where can I position myself so

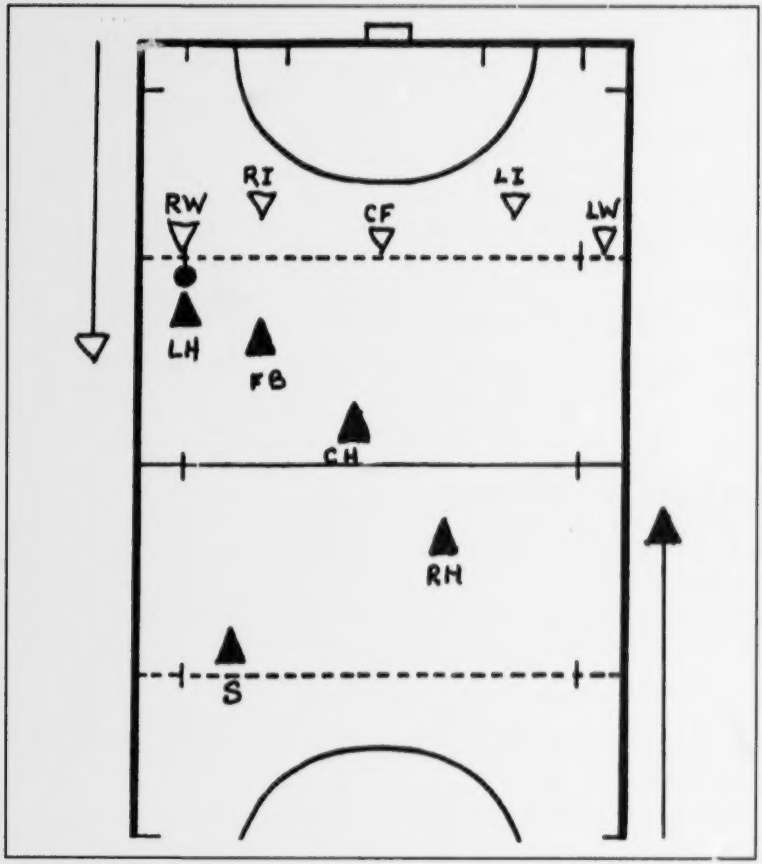


FIGURE 2 Diagonal defense using three halfbacks and a fullback and sweeper

I can prevent my opponent from getting the ball?"

Marking

Marking means close guarding, stick to stick, your body as close as possible to your opponent's. You should keep yourself between both her and the goal and her and the ball. This process is often referred to as "goal side," or "ball side." You should be in a position to use the ball the instant it becomes available to you. Watch your opponent's hips, not her eyes

or shoulders. If you do, she won't be able to fake you out. When marking, your stick should be opposite your opponent's stick and you should be mirroring her movement. You must be patient. Wait for the exact moment when your opponent has the ball far enough from her stick that you are 70% sure you can take it from her. The moment you commit to take it, or steal it, is called the "tackle." The two situations in which you *mark* rather than *cover* occur when, 1) in the midfield, the player you are responsible for receives the ball, and 2) any time the opposing team enters its attacking circle. At that time, all the defenders on your team should be marking closely.

Defensive Systems

Two defensive systems with which you should be familiar are four halfbacks with one sweeper, and a goalie, (called 4-1), and three halfbacks, one fullback, one sweeper, and one goalie, (called 3-1-1). The diagonal defensive responsibilities in each of those systems are explained earlier in this section.

The major difference between the two systems is that with the use of three halfbacks, the center halfback is the key in scoring. You depend on her for shooting for goal and for being an additional offensive player at the top of the circle. (See Figure 3)

Using four halfbacks, the two inside halfbacks both thrust through at different times as the center halfback did with the three halfback system. This system is also wider, so it doesn't leave the opposing wings as free as does the other system with three halfbacks. (See Figures 4 and 5)

Remember, a player marks in the midfield at the precise moment the player for whom she is responsible receives the ball. She is to go directly to her and mark her closely. If the opponent is faster than the marker, the marker should not get too close. If the opponent has better stick work than the marker, the marker's object would be to get as close as she can; thus, denying her opponent any space in which to execute her superior stick handling skills.

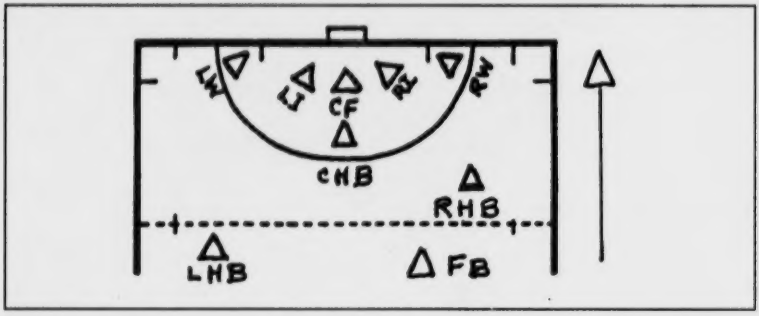


FIGURE 3 Center halfback at the top of the circle in a key scoring position.

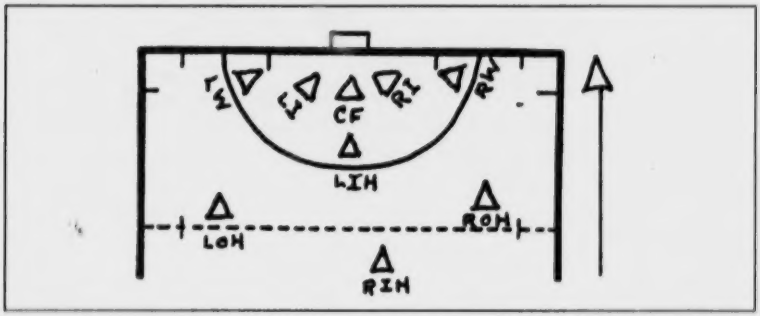


FIGURE 4 Left inside half in a key scoring position at the top of the circle.

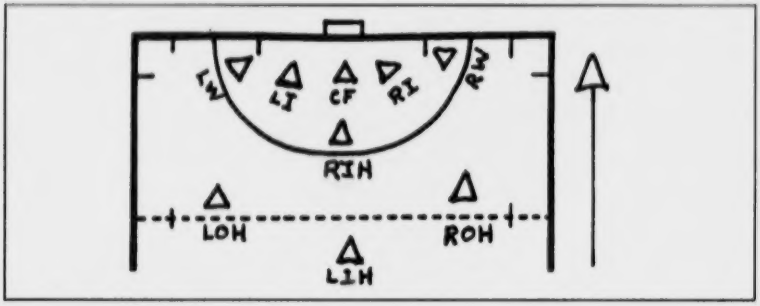


FIGURE 5 Right inside half in a key scoring position at the top of the circle.

Tackle

When you tackle, you can do it with one or two hands on your stick. A one hand tackle is called a jab. Remember, to tackle is to take the ball away from your opponent.

Defensive Recovery

If your opponent manages to get by you, NEVER TURN AROUND AND ATTEMPT TO TACKLE BACK WITHOUT LOOKING FIRST TO SEE IF ONE OF YOUR TEAMMATES IS THERE SUPPORTING YOU!!! Do not tackle back immediately! Your support person is ready for you to get *passed*. She is waiting for it, in good position to pick up the opposing player passing you. If you move in to get your ball back, you will be causing a foul, called third party obstruction. Because two of you played the same ball, it formed a wall that obstructed, or prevented, your opponent from playing the ball. Your opponent would then be awarded a free hit. Instead, when you get passed, look back and check to see if your support is there. If she is, run around wide, *GET YOUR FEET FACING YOUR OWN GOAL*, and prepare to support your teammate on the diagonal defense. If the ball has entered the other team's attack circle, quickly pick up a free person and mark her closely.

Goalkeeper

The position of goalkeeper is vital to any team. There are certain qualities that a goalkeeper on a team must have if a team is going to be effective. First and foremost is *confidence*. A goalkeeper has to believe in her own capability. Without that element, she will never experience success, and likewise, neither will her team. Conversely, a team must also have confidence in its goalie. If the defenders don't believe the goalkeeper is capable of stopping shots, they may tend to float back toward the goal cage to do the goalie's job, thereby leaving the players that they are supposed to be marking virtually free in the circle.

Another quality a goalkeeper must have is *determination*. She can't be afraid to get dirty or even hurt at times. Although goalkeepers are supplied with adequate padding to prevent injury, it is often necessary for them to dive to the ground to stop a wide ball from going into the goal cage. As practice must be game-like, goalies have to dive on the ground every day. They can't save the dives just for games.

The goalkeeper must be the *leader of the defense*. When in the circle, she must verbally keep everyone on her team aware of what players are most dangerous and who is unmarked. She should also be *aggressive* enough to come out away from the cage to tackle a forward, but also *agile* enough to be able to recover quickly and recover back to the goal cage. She needs to learn to call her own ball verbally. She should yell, "keeper," when she plans to stop a shot on goal. Her teammates must learn to listen and respect her request. As the job of defenders requires them to be marking in the circle, it is logical for the keeper to be the person designated actually to field a shot on goal. She is there for that purpose. A defender who attempts to stop a hard shot with her stick may cause the ball to deflect off her stick and end up in the cage. It is instinctive for a defender to want to stop a shot. That is why the goalie must learn to call for the ball loudly,

and the defender must learn to recognize the call and deny her instinct by staying with the player she is defending and leave the stopping of the initial shot to her goalkeeper.

The techniques used by goalkeepers have changed drastically in the past few years. Goalkeeping skills in the past were performed with the body in a low crouched position and her clears were made with the instep of the foot. She used to be taught never to use her stick. Today, all work by the goalie is performed in an upright position and power clears are made with the toe. The instep is only to be used for directing the ball, and her stick is used often. Because of these changes, no matter how experienced the goalie, the material she is learning will be new to her. Constant, dedicated practice is necessary if she is going to develop fully as a goalkeeper.

Many times goalkeepers are left alone at practice. There are usually only one or two of them as compared to 30 to 50 field players. Goalies must be motivated enough to work together and to recruit players who are sitting out and not directly involved in practice organization to hit to them.

Offense

Being a forward means that your primary responsibility will be to create scoring opportunities. However, you will have definite defensive responsibilities as well. The offense I believe most effective is a 3-2. That means three forwards, a center and two wings, and two links or inners behind them.

Parts of the offensive responsibilities:

1. Getting the ball out of the defensive end, thereby initiating an offense.
2. Continuing the offense or midfield offense, and creating breakaways.
3. Circle play.
4. Going back on defense when your team loses possession.

Getting the Ball Out of the Defensive End

In order to move from defense to offense, it is imperative that the defenders know exactly where the forwards will be positioned — ready to receive these outlet passes. It's very frustrating when a teammate hits the ball hard out of the opposite circle toward the sideline, and the wing, who is running as fast as she can, just can't get to it. It is usually the fault of the person who hit it out to the wrong place. Of course, you want to get the ball out of there as soon as you can, but the better player doesn't panic. She gets it out in a hurry, but she remembers who is waiting up field and who is back. Generally speaking, if the other team has the ball in its attack circle, your ball side wing should be flat and your center forward should be up around the 50 yard line in the ball side inner position. The other wing would be situated in the opposite inner position, also near the 50 yard line. That positioning gives your defense three good possibilities with which to initiate an offense. (See Figure 6)

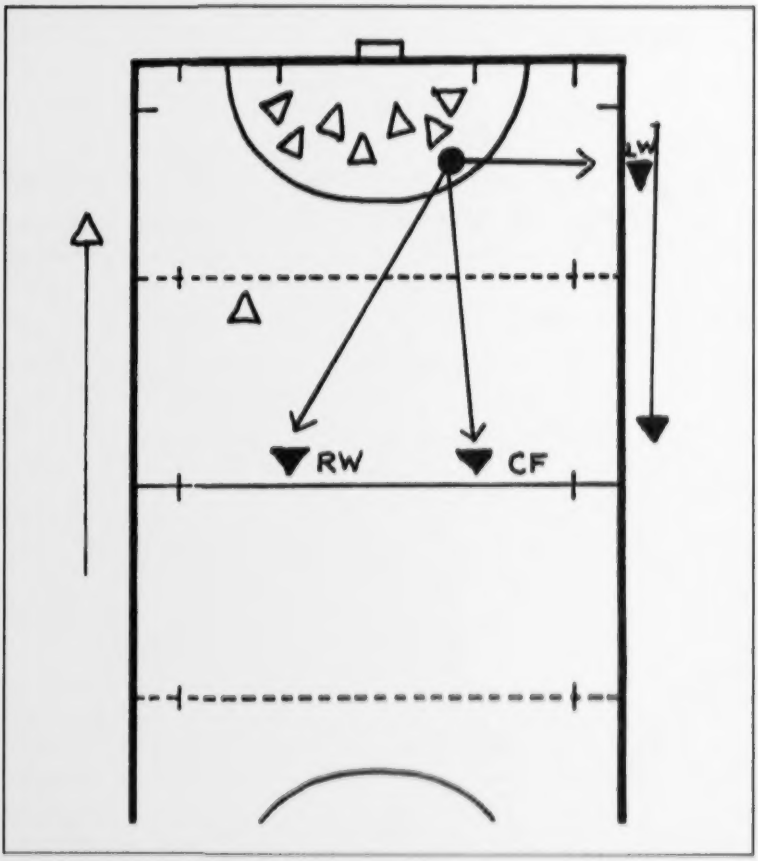


FIGURE 6 Three choices to begin a break away: a flat, a through, and an angle pass

The three choices the defender can make are a short flat pass to the ball side wing, a hard through to the center forward, or an angle to the opposite wing. This last option is not used as often. There are usually too many opponents in the way, thus preventing a clear path to that opposite wing.

There is, however, another way you can change fields and get the ball to the opposite wing. (Changing fields is something you should do as often as possible and changing fields is a sign of a great team.) Remember, you have your inners. The

inners act as links between the offense and the defense. The non-ball side inner can always be used for a quick flat field change. She can receive the pass and put it quickly through to the opposite wing. (See Figure 7)

Your two inners are key in getting the ball out of the defensive end. They are always positioned up by the top of

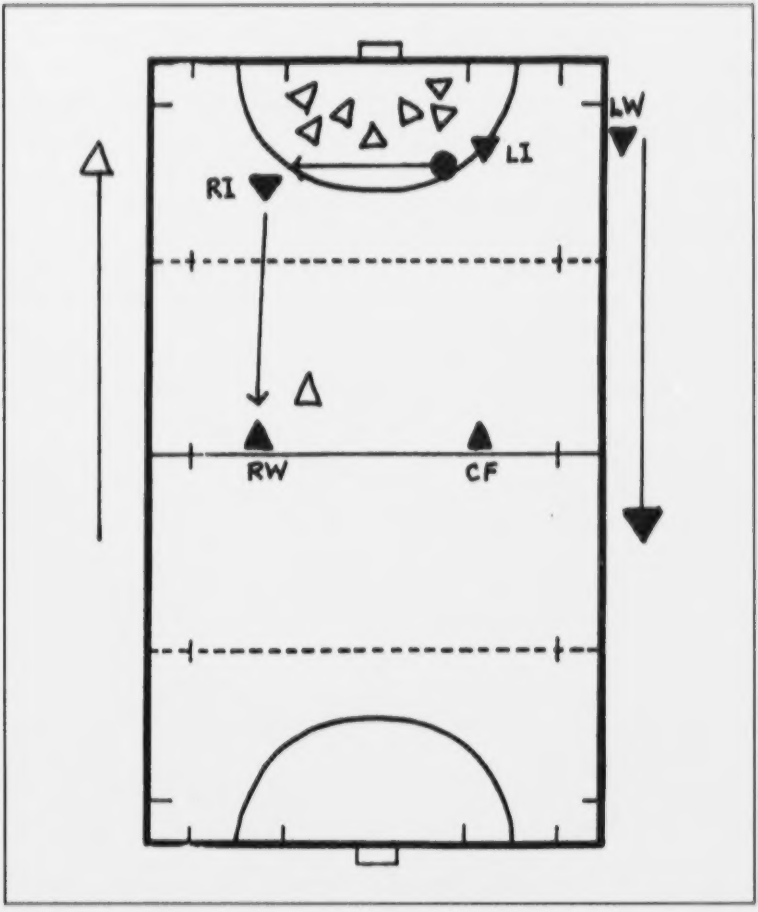


FIGURE 7 A breakaway option involving a field change: a flat pass to the non-ball side inner and a through to the right wing.

the circle. When the other options discussed won't work, a quick pass to either of them is often possible.

Breakaway, Midfield Offense and Replacement

No forward is assigned to a specific position all of the time. There are times when any forward will be required to play out of position. Whatever forward is up field and gets to the ball first, initiates the quickest offense she can. If there is someone further up field, the forward is to hit either directly to her, or hit it through into a space for her to be able to cut on it. While a player is cutting for the ball, she should be anticipating what she will do when she gets it. Once the forward who is farthest up field has the ball, she should move directly toward the defender who is waiting at the edge of the circle, to begin to draw her. The other forwards fall into positions solely in relation to the moves this forward farthest up field creates. This is called *replacement* or *interchanging*. The ideal situation would be to get the person with the ball in the center and have the two other forwards on either side of her. That way, when the player with the ball draws the defender, she could pass off to either side. If the defender goes to the right, she would then pass to the left. If the defender goes to the left, she would pass to the right. In either situation, she is guaranteed to have a free forward in the circle in an ideal position to score a goal.

While these three players, the center forward and two wings, are breaking away, the two inners are cutting up field and the rest of the defense is following, in order to set up a good support system.

Circle Play

One person must be assigned to the pads. The center forward is in a natural position for that role. That person learns to read the goalie. Her goal is either to get her stick on the ball as it is moving toward the cage, before the goalie touches it, or to get her stick on it as it comes off the goalie's pads. The

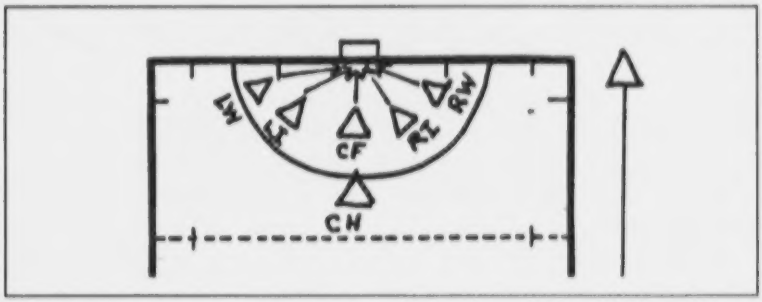


FIGURE 8 All areas around the goal are covered by the forwards and center halfback.

two inners play on 45 degree angles off the goalie and move towards the goalie slightly after the person assigned to the middle moves. The ball side wing comes in to the circle a bit, trying to receive a rebound from the goalie. This is the point at which the center halfback, or inside halfbacks, are crucial in the scoring of goals. They set themselves on the top of the circle waiting for any ball that goes behind the forwards. This is a wonderful opportunity for halfbacks to score. They are often unmarked in the circle. (See Figure 8)

It is every team member's job to check and make sure that all these circle positions are covered. The most inside positions are the priority positions. If, for example, the inner saw that the center forward was not around, and a ball was moving toward the cage, the inner should shift over to the center forward position, and the wing would switch over to the inner position. This is another form of *interchanging* or *replacement*. All this switching is done verbally as well as physically. A player could call out, "I have the pads, someone take my inner spot." "I have the inner's spot, someone play outside."

Going Back on Defense

When an opponent takes the ball away from you, the first thing you must do is look and see if your support person has already picked up your opponent. If she has, then resume an offensive position by asking yourself, "Where can I be that

I can be used?" If, on the other hand, your support person has not picked up your opponent, then you must tackle back. Pivot, jab your stick in, get your feet facing your own goal, and contain her until you are able to take the ball from her. The defense backing you up will allow you enough space to contain her and will simultaneously get themselves in position to support you should your opponent get away from you.

Another occasion when you will have to be responsible for defense will be when the opposing team is in their attacking circle. THE INNERS MUST MARK the free players up by the top of the circle. Your ball side wing should look to see if there is any other unmarked person in your opponent's circle, and if there is, the wing must pick her up and mark her. If the opposing team brings even more people into the circle who are unmarked, then the center forward may have to come back and pick up the free person. The last person to come back would be the non-ball side wing. It's best not to use this last remaining forward for a defensive job. It's best to leave at least one person up field to be used to create a breakaway. There may be times, however, when you will decide to forego the breakaway set up. For example,what if you have a lead in the game and there are only two minutes left to that game? In this case, it might be a good idea to bring everyone back on defense, to be sure the other team can't possibly score, thereby waiting out the last two minutes. These are the kinds of decisions intelligent players might be called upon to make in a game.

Free Hits

Defending

When an opponent is awarded a free hit by the official, your forwards are specifically responsible for thwarting the progress of the free hit. The process the forwards use is called *blocking up* the hit.

Usually the forwards do what's called "ringing the hit." They make a half circle around the hitter with their sticks on the ground in a ready position to use the ball if this "block up" works. Sometimes a team you play against has a player that hits a hit that is so hard that you may find it difficult to stop. If you are going against a team that uses a hard free hit, and you are having difficulty stopping it, you can try two other methods to stop it.

Arrowhead

In order to stop an exceptionally hard drive, leave one of the blocking up forwards close to the opposing hitter, and place the other two forwards very deep—away from the free hitter. That gives the people placed deep more time to react to the hit; therefore, they are more likely to be able to stop it. The close person is there to cut off the possible flat or short pass.

Getting Deep

Another method that could stop an exceptionally hard free hit is unique, but effective. All the forwards on your team should back up very deeply, positioning themselves far from the free hitter. That situation creates a big space between the other team and you. We are hoping that the opposing team won't pass up the opportunity to place a soft flat pass out to their wing, since there are no opposing players to stop it. After they do that, you would rush back. Your chances of

winning the ball on a 1V1 with the wing is better than combatting the exceptionally hard hit. What your coach is referring to when she yells, "GET DEEP," is precisely this situation. This situation will be ideal when you get to the point where you can make the decision to get deep, without the benefit of the coach's instruction.

The Defenders

The job of the defenders is to cover all the spaces on the field in back of the forwards. The halfbacks and fullbacks need to cover and fill all these spaces.

The sweeper is farther back than the halfback or fullback and placed in direct line between the hitter and the goal.

Offending: Where to Put the Hit

Defense Hit

Refer to *break away* for a reminder of where all the players would be placed. If the defense hit occurs on the left side, the ball side wing on the left will be flat, or even with the ball. The center forward will be cutting back on an arc toward the outside of the ball side of the field. The right wing will be cutting from off the field on an arc toward the center of the field near the 50 yard line. The ball side inner will be cutting in a short arc to receive a soft pass on the left side. The right inner will be cutting from off the field to the non-ball side inner spot to receive a field change. There are other backs you can use for a back pass. Any of these people could be in a position to receive the ball. It all depends on the location of the opposing team. (See Figure 9)

If the hit is being taken on the right, the only change to occur would be that the right wing would not be flat. She would instead position herself about ten yards farther up the field. The right halfback would take the flat pass from off the field and even with the ball, as does the left wing when the hit is taken on the left side. (See Figure 10)

All other free hits between 25 yard lines will hold the same format as for a defense hit. All players will position themselves

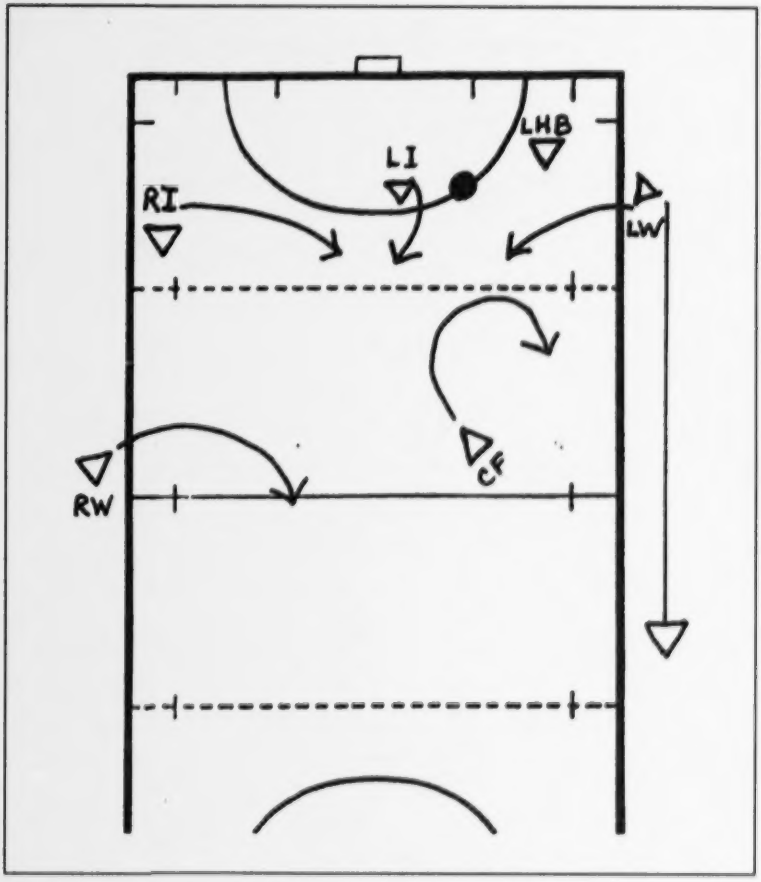


FIGURE 9 The cutting paths of the forwards waiting to receive the defense hit from the left side

in the same manner. The difference is that there won't be as much space between players as the ball approaches the offensive circle as there is when the ball is back near the 16 yard line.

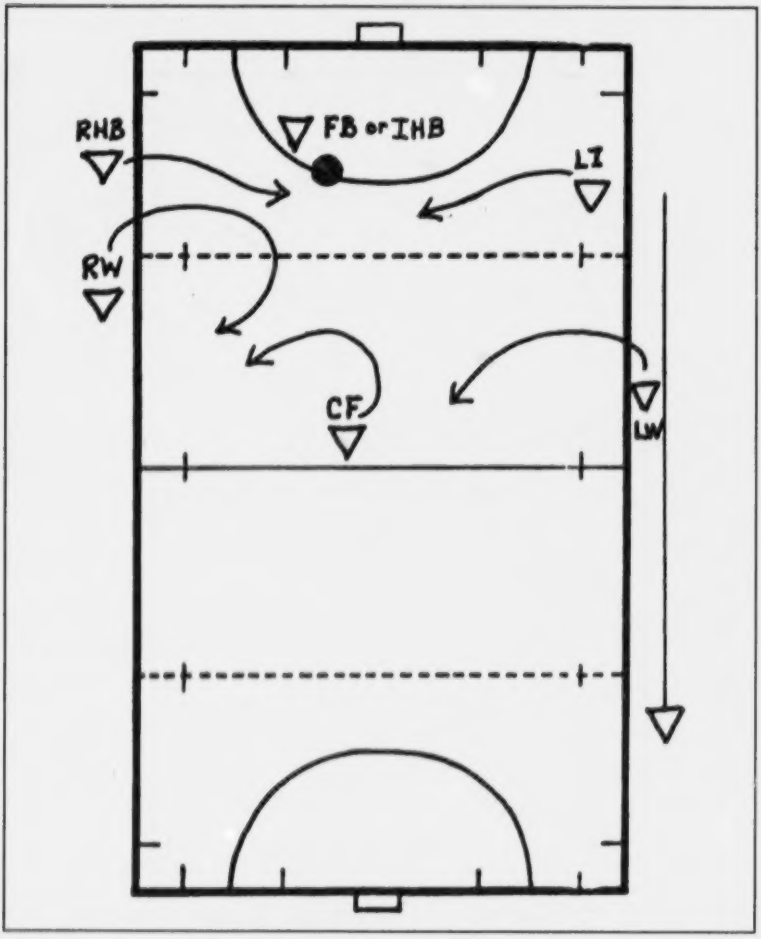


FIGURE 10 Cutting paths of the forwards waiting to receive a defense hit from the right side.

Hit Ins

Defending

When defending another team's hit ins, the forwards defend the hit as they would against a free hit. They position themselves close to the hitter, trying to cut off close spaces through which the hitter is attempting to pass the ball. The remaining players on your team will fill in the spaces farther from the hit, preventing all other players from getting the ball. Make sure that you also cut off a back pass option if you see that your opponent is setting it up. Assign one fast forward to the job of standing the required five yards away and have her accelerate directly towards the back pass receiver.

Offending

From the defensive end to the attacking 25 yard line

Players taking a hit in between the defending 16 yard line and the attacking 25 yard line should follow the following guidelines:

1. The outside halfback takes the hit.
2. Hit may not come above knee height.
3. All members of the other team must be five yards away.
4. One of your teammates should be very close to the person taking the hit in.
5. This close person, referred to in number 4, should be used as the first receiver. The distance between the hitter and the receiver is only a few inches. The ball passed to this receiver is merely a slight touch. This is good strategy, because it is actually the second person who does the hard hit or lift to where she wants to place the ball. The advantage of using the second person is that she has few restrictions. She is allowed to hit the ball as high as she wants it to go. So many hits in are lost on the initial hit because the ball rises only

a few inches above the knee. This is usually caused by a slight lift to the stick or because the ball hits a clump of grass. In either case, if the ball is lifted, the hit in is then awarded to the other team.

6. All the offensive players will play the same general field spaces they usually do for free hits, so that the ball can be hit to any of those spaces.

Between the 25 yard line and the goal

If the hit in is taken between the 25 yard line and the goal, it must be looked upon as a chance to score a goal. Your team should try to take complete advantage of that possibility. When taking a hit in in this area, the following guidelines should be followed:

1. Instead of the halfback, the right wing takes the hit in when the hit is on her side.

2. Instead of the halfback, the left wing takes the hit in when the hit is on her side.

3. When either wing takes the hit in from this offensive area, it should be handled exactly as a long hit would be handled (Long hits will be explained in the next section).

4. An option that must always be considered is a pass to the opposite wing. She will cut toward the goal and attempt to deflect it into the cage.

5. As play is close to your goal, defensive support should remain a strong consideration. As soon as a ball hit in from the side line looks as if it will enter the circle, the ball side inner will no longer be used as a defensive support person; she must begin her own acceleration to goal. Therefore, one of the inside halfbacks (if playing four halfbacks), or the center halfback (if playing three halfbacks), must pull toward the outside to support the play. If the ball is on either side of the circle, it must have adequate support. One person as support is not enough. Between the 25 yard lines, the inners facilitate this support purpose, but between the 25 yard line and goal, you must depend on the halfbacks.

Free Hits Into Circle and Long Hits

Free Hits Into the Circle

Every time your team has a hit into the circle or a long hit, you should look at it as an excellent opportunity to score a goal. Take it very seriously. Your coach will probably be giving you some specific situations for hits into the circle. There is room in your journal for you to add new ones as the season progresses. Try to be creative and see if you can think of any yourself. If you do, present the ideas to your coach.

Hard hit directly to the goal post

A very effective hit into the circle is a hard hit to the opposite goal post. If the hit is taken from the right to the left goal post, then the left inner must be ready.The left inner must be moving as the ball is hit. She must have the face of the stick ready and her arms stiff. If the hit is hard, it will probably have to be received with a reverse stick stop while reaching forward. If the inner is running ahead of the ball, she uses the face stick. If she is behind the ball, she uses the reverse stick.

If the hit is taken from the left to the right, the right inner or wing must be ready. The person receiving must be moving when the ball is hit. The player receiving will always be using the face of the stick. This is a good spot to score with a deflection.

Try not to hit to the farthest left side of the circle at the end line. This is "dead space," and should be avoided.

Fake

A fake is an excellent tactic and can be incorporated into all of your offensive play. For hits into the circle, you can fake forward and pass back, or fake one way and go the other way.

Give and Go

A give and go is another offensive move that can also be used in many other situations. The concept involves drawing a defender from her space and, at the same time, quickly giving a flat pass to a teammate who is even with you. You then move into the space vacated by the defender and receive the pass back from your teammate.

Switch or Scissors

A switch, or scissors, is a very effective means of bringing the ball into the circle. Two players stand side by side. The person to the right hits a soft flat pass to the space to her right. The person on her left cuts behind the hitter and receives the pass. She enters the circle with the ball on her stick. (See Figure 11)

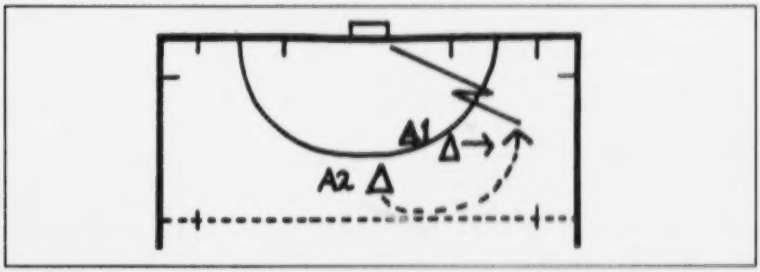


FIGURE 11 Switch or scissors. Player A1 fakes left while A2 runs in back of her and then receives a flat from A1. She then shoots for goal.

Iowa Fake

The Iowa Fake can be used in a defense hit as well. Two players are lined up, one in front of the other. One runs up to the ball and fakes hitting the ball to one direction. Instead of hitting it, she runs over the ball. The person behind her steps up and hits it to the opposite direction.

The following space is to be used for adding other hits your team has decided to try this year.

Long Hits

The most effective long hit to use is a hard and right across goal. The forwards must expect it and start their cuts early. Be sure all spaces in front of the goal are covered.

Another good option is the one discussed in the preceding section on a hit in beyond the 25 yard line. That one would be a hard hit from one wing to the opposite wing. It must

be done fast. It is imperative that the receiving wing starts her cut early. If it works correctly, all the receiver has to do is deflect the ball into the corner.

If the hit across goal is not working, then a short pass to a halfback at about the 16 yard line and 5 yards from the side line should be tried. She then shoots toward goal.

Use the following space to write in other long hit options your team comes up with this year.

Penalty Corners or Short Corner

Defense

The positions needed for the five person corner defense are: one flyer, two trails, one post and one goalie.

The flyer stands directly opposite the person she feels will be receiving the corner hit. As the stick comes back during the backswing of the person taking the corner hit, the body weight of the flyer comes back. Then when the person taking the hit makes contact with the ball, the flyer is off. The stick is held in her right hand and lined up with the ball. Her body is never to be lined up with the ball. If the receiver should manage to get the hit off with the flyer running at her, the flyer can't be hit by the ball if her stick is lined up with the ball. The only thing that can be hit by a hard drive is the stick. Hopefully, the flyer will get to the ball before the receiver gets her shot off. The flyer's role is to spoil the chances of the opponent's getting a corner hit off. For this reason she is sometimes called the "spoiler." Some people call her the "rush." If the flyer is fortunate enough to stop the corner and gather the ball on her own stick, that is the best situation. Remember, though, her purpose is only to ruin the hit. After she runs through, she looks over her shoulder to see what has happened. If the other team has managed to get a hit off after all, she runs back as quickly as she can and picks up a free person in the circle closest to goal.

Behind the flyer come two trails. The first trail follows the flyer. If the flyer goes to the left, then the trail goes to the left. The other trail, therefore, goes to the right. The goalie comes out opposite the flyer and we have created a diamond shape that is quite an effective defensive move. (See Figure 12)

The one vulnerable spot left in such a maneuver is at the far corner of the cage. Place your fourth defender there. She

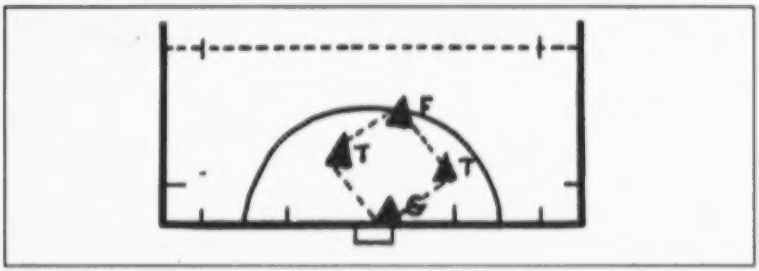


FIGURE 12 Diamond shape made by the defense. A very effective method of blocking an opponent's corner hit. F-Flyer T-Trail G-Goalie

is referred to as *playing the post*. That is just what she does. She hugs the post with her body, and stands on the goal line with her stick in front of her. If the other team gets the shot off and it is obviously not going to be the post's ball, she moves out and picks up the most dangerous free player as soon as she can.

In the meantime, the fifth defender, who was made to stay at the 50 yard line for the corner, has made her retreat the instant the opposing team makes contact with the ball on the corner hit. She goes immediately into the circle on the ball side of the corner hit. She starts off at the 50 yard line on what appears to be the receiving side of the corner. As she enters the circle, she looks for the most dangerous player and picks her up and marks her closely.

Offense

You really need only one corner. The best is a direct hit from the left side to a person standing on the circle opposite the left post. The receiver stops it and hits it before the flyer can get to it. It is hit so hard that the goalie can't stop it. That is the number one corner, and if you could use it consistently, you probably wouldn't use any other. This play is what many international teams use when they are playing on astro-turf, and they score on it everytime. There has been a field hockey cheer around as long as I have been around

field hockey. It says, "Every corner is a goal!" It could very well be true for you, as it is for many international teams.

You won't, however, use this corner exclusively because you play on grass. A grass surface is totally unpredictable. You can have a great hit out, and a great receiver with a great drive, and still the ball can hit a clump of grass and veer off in any direction. You may be fortunate to have some very good corner receivers and hitters, but because of the surface, you should vary your corners.

Another corner that works well is a stick stop. A third person, the stopper, gets involved by performing a stick stop by bending down over the ball and stopping it with her hand on the toe of the stick. The hitter then hits it off the stopper's stop.

Space is now provided for you to write your corner progression, as well as future corner progressions you will be using this season. You will probably change the order of your corners several times within the season. One reason for changing corners is that different players become proficient at corner receiving as the season progresses. Another reason to change the corners is to surprise your opponents, who have scouted you or played against you once before in the season.

General Offensive Considerations

Whatever corner you use, the following points should be considered:

If the receiver is standing on the left side of the circle and receives her own ball, she must always be aware of how close the flyer is. If the flyer is coming on her too fast, then the receiver can do a quick (y) dodge to the non-stick side, and still get her shot off. The receiver can also be aided by a teammate who comes close to her in order to receive a pass off. She can also do a "pull-to dodge" to herself.

Most authorities prefer to take corners from the left side since all the shots for goal will be coming into the opponent's non-stick side. There are a few experts who contend that it is better to take it from the right side, since you don't have to take the time for the ball to cross the body of the receiver. This allows for a quicker stop-hit situation.

Most great coaches say that the hit should be received opposite the post. However, there are others that disagree, saying that if you receive it farther out in the circle, it won't take as long for the ball to get to the receiver.

Whatever you come up with, it is important that you always have a pass-off person ready in case the corner breaks down. Also, as the corner shot for goal is taken, the remaining forwards check that all vital scoring angles around the goalkeeper are covered.

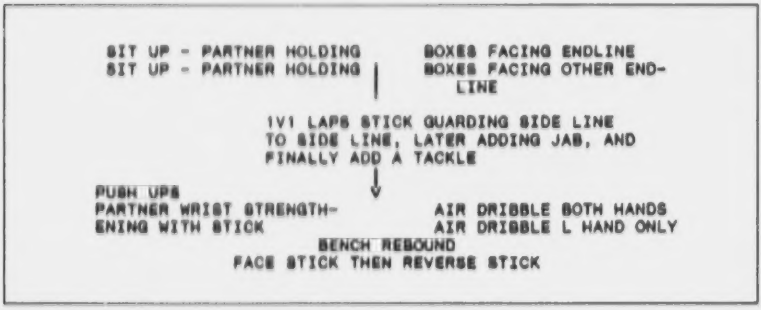
Practice Organization

Begin each day with a jog around the field in order to get the blood flowing enough to begin stretching. The next event in practice is always stretching, and you should do it for at least 20 minutes. This is to prevent injury. The captains usually lead the stretching.

Next, you will do three skill circuits. For the first you will be put into one of six groups. There are six stations to which you will travel. The second circuit is designed to improve your individual ball control skills. The final circuit has two parts. On one part you will travel to three stations and spend five minutes at each station. In the other part you will do a variety of skills with a partner in a shuttle formation. These three circuits are briefly described below.

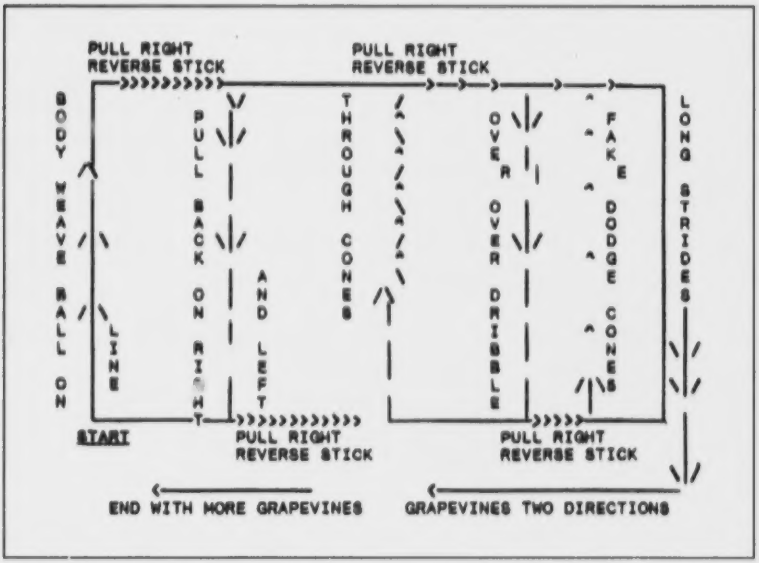
Daily Circuit Plan

Full Group Station Circuit


SIT UP - PARTNER HOLDING
SIT UP - PARTNER HOLDING
BOXES FACING ENDLINE
BOXES FACING OTHER END-LINE
1V1 LAPS STICK GUARDING SIDE LINE TO SIDE LINE, LATER ADDING JAB, AND FINALLY ADD A TACKLE
PUSH UPS
PARTNER WRIST STRENGTH-ENING WITH STICK
AIR DRIBBLE BOTH HANDS
AIR DRIBBLE L HAND ONLY
BENCH REBOUND
FACE STICK THEN REVERSE STICK

One and one half minutes is spent at each of the six stations. If a change is required, as in direction, or to another exercise, change at the end of 45 seconds.

Dribble Drill



Half Group Station Circuit

The first skill to be worked on is blocking up free hits. One person starts by hitting the ball hard toward the other people in her group . Whoever stops the hit, points in one direction, gives group members time to react, and then hits the ball hard. This process is continued for about five minutes. Part of the skill is to react immediately in order to position oneself to be ready for the hit. The other skill is to be able to stop the hit.

Shuttle formation: push pass, flick, and reverse stick hard hits. Next, do open-faced lifts or scoops with partner,then reverse stick hits and stops. The total time spent is 15 minutes. At the same time the skills mentioned above are being practiced, the other half of the players are doing the following:

STATION #1: 1 V 1, AND ALTERNATE WITH 3 V 2 WITH THE SWEEPER AND GOALIE.

STATION #2: DRIVING THE BALL HARD FROM THE EDGE OF THE CIRCLE AT A REBOUND BOARD POSITIONED IN FRONT OF THE GOAL CAGE, PICKING UP THE REBOUND, AND FLICKING OVER THE BOARD. (USE FOOTBALL TACKLE DUMMIES WHEN AVAILABLE)

STATION #3: PENALTY STROKES WITH THE GOALIE.

TOTAL TIME: FOUR MINUTES EACH STATION, WITH ONE MINUTE IN BETWEEN.

After the circuits are completed, we begin coached play-11 V 11 for one hour and twenty minutes. The last half hour of practice is usually made up of either special situation practice or conditioning.

We condition every other day. The conditioning is made up of a series of jogs and sprints. The length of jog time varies from 30 seconds to one minute and 30 seconds. The sprints last for eight seconds. The first series of sprints last for four seconds to the diagonal right and four seconds to the diagonal left. The second sprint lasts for four seconds straight ahead and then four seconds backwards in the same line of direction. These two types of sprints are alternated throughout the program. In the beginning of the season, the total time for this program takes 20 minutes. At state tournament time we peak at 40 minutes. Once a three game a week schedule has begun, we try to condition after games. In that situation, we decrease the time from 30 to 20 minutes, depending on the amount of exertion during the game. After a very competitive game, we will condition for only 20 minutes.

Season Records and Calendar

FIELD HOCKEY SCHEDULE

DATE:	OPPONENT:	HOME OR AWAY:	SCORE:	W, L, T.

FINAL RECORD: ____ WINS ____ LOSSES ____ TIES ____ GOALS SCORED ____ GOALS SCORED AGAINST

____ SHUTOUTS ____ TEAM HONORS RECEIVED

INDIVIDUAL OFFENSIVE STATISTICS

DATE:	OPPONENT:	SHOTS:	ASSISTS:	GOALS:

TOTAL SHOTS: _____ TOTAL GOALS SCORED: _____

TOTAL ASSISTS: _____

INDIVIDUAL GOALKEEPING STATISTICS

DATE:	OPPONENT:	OPPONENT'S SHOTS:	SAVES:	OPPONENT GOALS:

TOTAL OPPONENT'S SHOTS: _____ TOTAL GOALS SAVED: _____

TOTAL OPPONENT'S GOALS: _____

Month _____ Day _____ Date ____

"If you get caught with someone on you, use a little pass to a teammate next to you, then you can always receive it right back."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"If your opponent is faster than you, don't mark her too closely. If her stickwork is better than yours, mark her very closely."
Boudewijn Castelijn, U.S.A. National team coach[3]

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"A hit-in using two people works better on the left than right."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ____ Game ____ Special Event Today _____

Home ____ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"When the opposing team has a defensive hit on the right side, the left wing should use her body position to force the person taking the 16 yard hit to put the ball to the outside. The left inner should be ready for it and intercept it."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ____ Game ____ Special Event Today _____

Home ____ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"The sweeper can easily be drawn in for the target of a "give and go." The space behind her is a natural place for one to occur. The goalie should be aware of this fact."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"You must learn to practice under stress. Add your own stress to your practice. When the Russian soccer team practices, they pipe in recorded sound of people yelling negative comments. Try to add stress to your practice and at the same time learn to ignore it."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___Departure Time _____ Opponent _____

NOTES, RESULTS AND REVIEW OF THE WEEK

Month _____ Day _____ Date ____

"If you decide to use a diagonal pass on the right side, it can work, but not on the left. You must use a flat, through, or back pass on the left. Because when you hit to the right, you are hitting to your opponents non-stick side. When you hit to the left, you are hitting right to their stick."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ____

Practice ____ Game ____ Special Event Today _____

Home ____ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ___

"If the player you are marking cuts back for a back pass, do not go any farther back than the level of the ball."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____Departure Time _____ Opponent _____

Month _____ Day _____ Date ___

"When receiving the ball that has been passed from the left to the right, let the ball pass across your body and receive it in front of your right foot. If the right wing uses this when receiving a pass from the right inner, the defender can be drawn in and the wing can give it back to the inner."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____Departure Time _____ Opponent _____

Month _____ Day _____ Date ___

"Wings must create their own space by playing out far off the field and then cutting in."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ___

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ___

"When you see someone who performs better than you, never feel jealous or envious, instead say, how can I do it like you? Focus on the positive."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ___

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ___

"In the circle on the right side, if you don't have a shot, go right. Nothing helps the defense more than your going left."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: _____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ___

"If you want to get rid of a choppy drive, try reaching on the follow through, and check that the hips are turning just before the stick is contacting the ball."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: _____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

NOTES, RESULTS AND REVIEW OF THE WEEK

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Month _____ Day _____ Date ____

> "The position of right wing depends more on positioning than anything else. Speed and brains are definitely factors, but positioning oneself in a way that enables the wing to cut out the opposing halfback is the most important factor." Betty Miller, II year U.S. team right wing.[4]

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ____ Game ____ Special Event Today _____

Home ____ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"A goalkeeper should use her toe to clear with the knee up when she needs power, and her instep when she needs direction."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"We tend to forget things when under stress."
"We tend to get negative and critical under stress."
"Fear gives us narrow vision."
"Now that we are aware of these facts, we can change them."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"There is no such thing as an easy goal; put every goal in with authority." Vonnie Gros, U.S.A. National Coach[5]

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ____ Game ____ Special Event Today _____

Home ____ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"Halfbacks and fullbacks and sweepers should be aware at all times that they have the ability to put the opposing forwards off sides."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ____ Game ____ Special Event Today _____

Home ____ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"I am more sure than ever that 'one timing it' all over the field is the most effective way to win." Bobbie Schultz

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"Dumping the ball in the right corner of the field between the 25 yard line and the end line on a free hit is an exce'lent way to get in a position to penetrate the circle...right side halfbacks and fullbacks should use it often."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

NOTES, RESULTS AND REVIEW OF THE WEEK

Month _____ Day _____ Date ____

"Be here in the now, in the present. Before or after or in between means nothing. If you are thinking of yesterday's mistake or dreading tomorrow's play, then you can't possibly play."
"Play one minute at a time."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ____

Practice ____ Game ____ Special Event Today _____

Home ____ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"Forwards and halfbacks should dream of scoring all the time."
Christy Morgan, U.S. Team[6]

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"When you approach your opponent to contain her, get there with an open stance in order to pick up a deflection."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"When a player is back dribbling, her shoulders should be facing the end line and the ball should be directly in front."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ____Game ____Special Event Today _____

Home ____Away ____ Departure Time _____Opponent _____

Month _____ Day _____ Date ____

"Taking the ball to the right side line by using a (Y) dodge and heading for the corner and then hitting it across is a move that all right wings, right inners, and right halfbacks should perfect."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ____Game ____Special Event Today _____

Home ____Away ____ Departure Time _____Opponent _____

Month _____ Day _____ Date ____

"It is not true that everyone loves a winner. No one loves a winner who boasts of her own success. The world loves quiet winners." Gayle Reedy, Glassboro State College[7]

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"It is often necessary for the left inner to sweep the ball through without stopping it. She must therefore be sure she practices this skill!!!!"

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

NOTES, RESULTS AND REVIEW OF THE WEEK

Month _____ Day _____ Date ____

"If you have the ball and are not sure what to do, then try to run on an angle. Have your left wrist in a position so that you can quickly go right if you want to when you are approached by another player." Vonnie Gros, U.S.A. National Coach[5]

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ____

Practice ____ **Game** ____ **Special Event Today** _____

Home ____ **Away** ____ **Departure Time** _____ **Opponent** _____

Month _____ Day _____ Date ____

"When a defender is approaching her player who is about to receive the ball, the best time to get there is exactly when the ball gets there, that way your opponent can't dodge you."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"If your teammate has the ball, and you happen to be in the center of the field, vacate the center by running on a diagonal. By doing that you will give her the opportunity to go in by drawing an opponent out, and at the same time creating a space for you to possibly receive the next pass in."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ___

"The right inner must be able to use the reverse stick pull back to herself while on the move. It is a natural way for her to dodge her opponent."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ___

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ___

"A goalie should know her area and all defense enough to help coach. She should tell everyone who is free, and remind the defenders of opportunities to force players to the outside...this is a sign of a great goalie."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ___

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"To set up a give and go, you must be close enough to get the defender to commit to you."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"There is usually no time for a backswing on a drive for goal other than a corner shot, so the time to learn to shoot in the circle for goal without a backswing is at practice!!!"

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____Departure Time _____ Opponent _____

NOTES, RESULTS AND REVIEW OF THE WEEK

Month _____ Day _____ Date ___

"A good drill to improve your own ball control would be for you to assume a straddle position with one foot slightly ahead of the other, and alternate pulling the ball from the front of one foot to the other continuously."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ___

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"On every corner everyone must know where everyone is to be!"

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"The left wing must have a good eye on deflecting the ball that comes across the circle into the cage."
"The left wing should be a key scorer when shots are wide of the post. She should trap and shoot."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"Through passes go to spaces; angle passes go to a specific player's stick."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ____ Game ____ Special Event Today _____

Home ____ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"You have two choices: you can either curse the darkness or light a candle." Author unknown.

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ____ Game ____ Special Event Today _____

Home ____ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"Use more flicks in a game. Set a goal for yourself. Say how many you will use in a game, and then do it."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"If the right wing finds that every time she brings the ball down the right side and centers it, the opposing halfback cuts off the pass, then the right wing should go all the way to the end line before centering it to the stroke mark. This will be harder for the halfback to cut off."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____Departure Time _____ Opponent _____

NOTES, RESULTS AND REVIEW OF THE WEEK

Month _____ Day _____ Date ____

"There is no better offensive move than bringing the ball down the right side and hitting it across. It is best to enter the circle on the non-stick side of the defense, and this tactic will facilitate that."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ____

Practice ____ Game ____ Special Event Today _____

Home ____ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"When marking look only at the girl's hips, not the goalie, not the ball, not the shot."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"When your team is taking long corners, the non-ball side inner must be on the top of the circle !!!"

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"Once you beat an opponent, step behind her so she can't tackle back."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ____Game ____Special Event Today _____

Home ____Away ____ Departure Time _____Opponent _____

Month _____ Day _____ Date ____

"Goalkeepers should develop a strong left foot clear. Her left foot will clear the ball on the attacking team's non-stick side."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ____Game ____Special Event Today _____

Home ____Away ____ Departure Time _____Opponent _____

Month _____ Day _____ Date ____

"Go directly to the defender in a breakaway so you can't be forced to the outside."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"If your teammate shoots for goal and you are the center forward or person playing the pads, you should sprint on her shot to about three yards in front of the opposing goalie with your left arm out, and stick down. When the goalie stops it, you stop to play the rebound."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____ Departure Time _____ Opponent _____

NOTES, RESULTS AND REVIEW OF THE WEEK

Month _____ Day _____ Date ____

"You can never be relaxed when you are breathing quickly and you can never be tense when you are breathing slowly. You may not be able to control your anxiety level, but you can control the way you breathe." Rob Gilbert, Montclair State College[8]

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ____

Practice ____ Game ____ Special Event Today _____

Home ____ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"As a marker in the circle, you may have to push a bit with your shoulder especially against a cherry picker. You must make room for your goalie to move."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"There is a great need for a left wing to develop strength in her left forearm and wrist. She should have a strong reverse stick drive for goal and be able to break away without losing momentum. Fake left and reverse stick; pull right and continue on to goal."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ___

"Learn to use the body more. Use your body, stick, and shoulders all at the same time. This will lead easily into faking your opponent."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ___

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ___

"The time it takes for a corner hit from the instant the hitter outer hits it to the instant the hit comes off from the receiver is the key to the success of the corner. The quickest times recorded at this time are 1.8 seconds for the men's international play,and 2.3 seconds for the women." Betty Logan, Rutgers University[9]

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ___

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"There are definite times that the goalkeeper should use her stick. She should use it to pull the ball in order to clear, and to clear to save time. She can use it to clear when the stop is on the right foot."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"Always follow your shot to goal. You are the best one to do that since you know exactly where it went and where the rebound will go. You might be able to get to it before the goalie can clear it."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

NOTES, RESULTS AND REVIEW OF THE WEEK

Month _____ Day _____ Date ____

"Some pointers for general 1V1 play: When your opponent has the ball, keep your eye on the ball; take as much space as your opponent will allow; don't commit with the stick; wait until she commits; keep your left hand loose; have a medium grip; get the ball as it goes by; have patience."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ____

Practice ___ **Game** ___ **Special Event Today** _____

Home ___ **Away** ___ **Departure Time** _____ **Opponent** _____

Month _____ Day _____ Date ____

"Use acceleration to lose your opponent. Fake one way with a large step and shoulder fake and accelerate the other way. This is especially good for right wings to use."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"The right inner should learn never to attempt to stop the ball on a centering pass from the right wing across to the stroke mark, if she does, she will most probably hit it out of bounds unintentionally. She, therefore, should jump over it, bringing her defender with her."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ___

"As an opposing corner hit is being hit out, the goalie begins her run out. She should stop and position herself for the shot the instant the ball is stopped on the edge of the circle."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ___

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ___

"A good hockey player must develop grip strength!"

* * *

"When driving to goal, draw the defense, then pass the ball."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ___

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"How long does it take to accomplish a goal, learn a new skill, accomplish a dream? It takes as long as it takes."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"A (V) dodge is done when you draw an opponent by pulling the ball back to yourself on a 45 degree angle to your right, and then accelerating forward on a 45 degree angle to the right, thereby losing your opponent."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____ Departure Time _____ Opponent _____

NOTES, RESULTS AND REVIEW OF THE WEEK

Month _____ Day _____ Date ____

"A forward in the circle knows what space she wants in the circle, so she should never go directly there. She should first take one step in the opposite direction and throw her shoulders into it and then accelerate to the space she wants to be in."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ____

Practice ____ **Game** ____ **Special Event Today** _____

Home ____ **Away** ____ **Departure Time** _____ **Opponent** _____

Month _____ Day _____ Date ___

"A good general rule for offensive players would be to force opponents to the sideline. Either one is all right, although their left is the best. This is especially true as they approach the circle."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ___

"A forward should focus on the ball in the circle only; only she should picture it to be the size of a beach ball." Christy Morgan, U.S. team.[6]

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"When the ball is in the midfield there should be no gaps between players. This makes for a good support system."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ____Game ____Special Event Today _____

Home ____Away ____ Departure Time _____Opponent_____

Month _____ Day _____ Date ____

"If the goalkeeper sees that a player is not going to drive for goal, she is going to flick instead, the goalie should drop back to the goal line and bring her body up, and be prepared to continue momentum of the ball over the cage."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ____Game ____Special Event Today _____

Home ____Away ____ Departure Time _____Opponent_____

Month _____ Day _____ Date ____

"A forward will never break free if she doesn't use an initial fake."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"Right half backs, if you have a left wing against you who always pulls the ball back and hits it across, then don't give her that space. Step up and inside when marking her. Take away that space."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____ Departure Time _____ Opponent _____

NOTES, RESULTS AND REVIEW OF THE WEEK

Month _____ Day _____ Date ____

"A drill to improve your ball control skill could be done on the black top or a gym floor. Make two small lines on the floor, about a straddle distance apart. Go over-over dribble over one line, then do a big pull to the other line, and do an over-over dribble there. Continue." Sharon Goldbrenner, Trenton State College[10]

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ____

Practice ____Game ____Special Event Today _____

Home ____Away ____ Departure Time _____Opponent _____

Month _____ Day _____ Date ___

"Talent is pursued interest." Rob Gilbert, Montclair State College.[8]

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: _____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ___

"A forward must never focus on the defender playing her; she should only focus on the ball."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: _____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"If you want to try a unique type of fake, just turn and look in one direction then take off in the other. You can lose your opponent that way, especially if you cut to the right." Melissa McGee, Trenton State College.[11]

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ____Game ____Special Event Today _____

Home ____Away____ Departure Time _____Opponent_____

Month _____ Day _____ Date ____

"A forward must run through the ball when she goes for it in the circle, never to it and then stop."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ____Game ____Special Event Today _____

Home ____Away____ Departure Time _____Opponent_____

Month _____ Day _____ Date ____

"If a defensive person finds herself in a 2 V 1, she can make it into a 1 V 1 by turning her body in a manner that would cut out the second offensive player, and force her to the outside."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"If you act the way you want to become, you will become the way you act." Rob Gilbert, Montclair State College.[8]

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

NOTES, RESULTS AND REVIEW OF THE WEEK

Month _____ Day _____ Date ____

"A forward shooting for goal should use a disguised hit. Look and lean one way and hit the other way. This is done with the wrist. Forwards should practice it."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ____

Practice ____ **Game** ____ **Special Event Today** _____

Home ____ **Away** ____ **Departure Time** _____ **Opponent** _____

Month _____ Day _____ Date ____

"When you have the ball and cut on an angle, then a teammate who is behind you can run straight ahead to the space you vacated to receive a flat from you."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"Defenders, once you are covering a girl, and the ball goes into the opponent's 25 yard line, stay with that girl, do not change players. The sweeper will pick up the free girl if one should get free."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"For a hit on the left side, try using a two person set up with the second person flicking to the wing who is up field, or hitting her with a hard flat up the alley."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ____

Practice ____ Game ____ Special Event Today _____

Home ____ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"Learn to fake right and go left, and fake left and go right."

"Remember that the forwards have definite jobs on defense."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ____

Practice ____ Game ____ Special Event Today _____

Home ____ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"The best team doesn't win as often as the team that gets along best does." Rob Gilbert, Montclair State College.[8]

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"Stay loose when there is a free hit outside the circle. See what direction the ball goes in. Then pick up a person. Here you may have to leave the girl you had before the free hit."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____ Departure Time _____ Opponent _____

NOTES, RESULTS AND REVIEW OF THE WEEK

Month _____ Day _____ Date ____

"A good drive to use in the circle for goal is a "choke up" drive. Both hands are in the middle of the stick and it doesn't need a big back swing."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ____

Practice ____ Game ____ Special Event Today _____

Home ____ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"If a through pass is hit into the circle, let the goalie or sweeper handle it; all others must continue to mark. The goalie or sweeper must also call the ball."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"After you cut hard to goal, always come back to try to pick up a deflection."

* * *

"The centering pass should always be to the stroke mark."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"No matter how many people are between you and the goal, your only concern is to get to a 2 V I and beat the one."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ____Game ____Special Event Today _____

Home ____Away ____ Departure Time _____Opponent _____

Month _____ Day _____ Date ____

"When you think the other team has no chance of winning is the time when upsets occur."

• • •

"Great athletes focus on possibilities, not mistakes."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ____Game ____Special Event Today _____

Home ____Away ____ Departure Time _____Opponent _____

Month _____ Day _____ Date ____

"Tips for the corner receiver: All you want to do is watch the ball hit your stick. Relax. Stand with one foot in front of the other. Your only job is to get a shot off." Beth Anders, Old Dominion University.[2]

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"Containment means marking, keeping your opponent from gaining any advantage."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____Departure Time _____ Opponent _____

NOTES, RESULTS AND REVIEW OF THE WEEK

Month _____ Day _____ Date ___

"When the defender is playing the post on corners, her hip and butt should be on the post, feet together. Her stick is placed directly in front of her body. She should leave when the ball hits the pads and be out of the cage when the cherry picker gets there."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ___

Practice ___ **Game** ___ **Special Event Today** _____

Home ___ **Away** ___ **Departure Time** _____ **Opponent** _____

Month _____ Day _____ Date ____

"When determining your chances of being better than the other team, add up all your combined years of playing hockey and see how old your total team is."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"If in doubt on what to do, go either behind your teammate with the ball or go wide." Vonnie Gros, U.S.A. National Coach[5]

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"When you are containing your opponent in her circle, don't give her her right side. Let her move to the left as much left as she wants, just deny her the right."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ____ Game ____ Special Event Today _____

Home ____ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"When a teammate dribbles on a diagonal, scissor behind her and come up for a flat."

• • •

"If you always dribble on a diagonal, you will make the defender move."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ____ Game ____ Special Event Today _____

Home ____ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ___

"Act as if!" "Act as if you are enjoying practice...as if the team is very challenging.....as if the team is easily beatable..."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____Departure Time _____ Opponent _____

Month _____ Day _____ Date ___

"Generally speaking, when you have the ball, it is better to go right than left; take the extra second to go right."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: ____

_____

_____

_____

Practice ___ Game ____ Special Event Today _____

Home ___ Away ____Departure Time _____ Opponent _____

NOTES, RESULTS AND REVIEW OF THE WEEK

Month _____ Day _____ Date ____

"Forwards, when you play the ball in the circle, don't bend at the waist for a low ball, bend at the knees. Keep the ball out in front so it won't hit your feet."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ____

Practice ____ **Game** ____ **Special Event Today** _____

Home ____ **Away** ____ **Departure Time** _____ **Opponent** _____

Month _____ Day _____ Date ____

"When containing, fake a commitment. Make the offense make a mistake; then take the ball."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: _____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"In order to let one of your forwards know that you wish to interchange with her, make your cut on a definite angle."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: _____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"The sweeper is responsible to play off the goalie's clear. She must pick up the loose ball when it rebounds from the goalie's legs and get it out if the goalie can't."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ____

Practice ____ Game ____ Special Event Today _____

Home ____ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"A great place to be is outside the circle on the right side. It is good to use a pull back to get to enter the right side of the circle."

Assignments for tonight: _____

What I need to bring to practice or school tomorrow: _____

What I learned today and what I know I need to work on tomorrow: ____

Practice ____ Game ____ Special Event Today _____

Home ____ Away ____ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"A player without the ball should go wide and then go forward."
Vonnie Gros, U.S.A. National Coach.[5]

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

Month _____ Day _____ Date ____

"When marking in the circle, never turn to see where the ball is."

"The post person on the corner shot must remember to go right out and mark after the shot."

Assignments for tonight: _____

_____

_____

What I need to bring to practice or school tomorrow: _____

_____

_____

What I learned today and what I know I need to work on tomorrow: _____

_____

_____

_____

Practice ___ Game ___ Special Event Today _____

Home ___ Away ___ Departure Time _____ Opponent _____

NOTES, RESULTS AND REVIEW OF THE WEEK

REFERENCES

1. Voelz, C. (1976). Motivation in Coaching a Team Sport. Washington, DC: Hagus.

2. Anders, B. (1989, February). Presentation at the All Star Coaches Clinic, Atlantic City, NJ.

3. Castelijn, B. (1989, February). Presentation at the All Star Coaches Clinic, Atlantic City, NJ.

4. Miller, B. (1974, August). Presentation at Stroudsburg Sports Camp, Stroudsburg, PA.

5. Gros, V. (1986, January). Presentation at the All Star Coaches Clinic, Atlantic City, NJ.

6. Morgan, C. (1988, February). Presentation at Excel Clinic, Cherry Hill, NJ.

7. Reedy, G. (1966, May). Presentation in Team Sports II Course, Glassboro State College, Glassboro, NJ.

8. Gilbert, R. (1987, June). Presentation at The Winner's Workshop, Upper Montclair, NJ.

9. Logan, B. (1982, March). Presentation at NJSIAA Field Hockey Clinic, New Brunswick, NJ.

10. Goldbrenner, S. (1988, February). Presentation at Garden State All Sports Foundation Coaches Clinic, Piscataway, NJ.

11. Magee, M. (1986, January). Presentation at the All Star Coaches Clinic, Atlantic City, NJ.

HIGH SCHOOL PLAYER'S FIELD HOCKEY JOURNAL

"I was fortunate to use many of the ideas and techniques offered in Bobbie Schultz's Field Hockey Journal for my high school team. I feel it is a must for any high school coach or dedicated player."

Gail Halbfoster
Toms River (N.J.) East High School
Toms River, New Jersey

"I feel fortunate to have graduated from Bobbie Schultz's field hockey program. When I read her Player's Journal and found the exact ideas and concepts that gave me my foundation, I was thrilled for other high school players and coaches who can now benefit as well."

Elizabeth Tchou
U.S. Field Hockey Team

"What I liked most about using the Journal was the goal setting. Thinking about my individual goals for each practice and writing them down helped me to focus and improve greatly over the season."

Jennifer Conner
Shawnee High School Player

"The game of field hockey is very complex. Most of the existing literature is written for a level of play well above the high school game and is designed to be applied to artificial surfaces. This book was written by a highly successful coach who shares her formula for a winning program at the high school level. It is complete, exciting, and it works!"

Jane Hansen
Nationally Known Collegiate and
High School Field Hockey Official

The National Association for Girls and Women in Sport
an association of the
American Alliance for Health, Physical Education, Recreation and Dance
1900 Association Drive, Reston, VA 22091

ISBN: 0-88314-480-8